

A Prescriber's Guide to Duocal®



SUPER SOLUBLE
DUOCAL®

Calories you can count on.

NUTRICIA
Advanced Medical Nutrition

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- Duocal is a powdered, flavorless medical food that provides calories in the form of fat and carbohydrate for increased energy intake
- Duocal is suitable when increased calories are indicated (e.g. failure-to-thrive)
- Use Duocal to increase energy density of any diet without adding allergenic protein, vitamins, or minerals

How should Duocal be used?

Duocal can easily be added to moist foods and beverages at meal or snack time without changing the taste, texture, or amount of food - great if a child is struggling with food intake. This helps ensure essential calories for catch-up growth without the struggle of increasing the amount of food to eat.

- Distribute Duocal throughout the day
- Start small to allow the child to adjust to extra calories, gradually increasing the amount per serving to meet prescribed calorie goals
- We suggest starting with about 1 tsp per ½ cup of food or beverage, building up to no more than about 2 Tbsp per ½ cup of food or beverage



Measure	Weight	Calories
1 scoop	5 g	25
1 tsp	2.6 g	13
1 Tbsp	8.5 g	42
¼ cup	30 g	148
½ cup	56 g	276
1 cup	117 g	576

Household measurements are approximations only. For accuracy use a gram scale.

How much Duocal should I prescribe?

- The daily amount and prescribed use of Duocal should be determined by a dietitian, physician, or other healthcare professional
- The table below is a guide for prescribing Duocal based on a daily calorie goal
- Please note: The daily calorie goal from Duocal will vary depending on:
 - consideration of where a child is on his/her growth chart
 - the goal for catch-up growth
 - age
 - weight
 - gender
 - activity level
 - medical conditions
 - calories from other sources

For more on calorie needs for catch-up growth, see pages 220-222: National Research Council. Dietary Reference Intakes for Energy, Carbohydrate, Fiber, Fat, Fatty Acids, Cholesterol, Protein, and Amino Acids (Macronutrients). Washington, DC: The National Academies Press, 2005. (Online at <http://www.nap.edu>)

Weight should be monitored regularly and the Duocal prescription adjusted based on weight change

Sample Duocal Goals:

This table is a guide for healthcare professionals to help determine a Duocal prescription based on a daily calorie goal. Individual requirements vary.

Daily Duocal Calorie Goal	Amount of Duocal	Sample Daily "Prescription"	Number of Cans per Month*
75 kcal/day	15 grams, 3 scoops	1 scoop, tid	2
150 kcal/day	30 grams, 6 scoops	2 scoops, tid	3
225 kcal/day	46 grams, 9 scoops	3 scoops, tid	4
300 kcal/day	61 grams, 12 scoops	3 scoops, qid	5

* 1 can Duocal = about 80 scoops

For more information, visit www.MyDuocal.com or call 1-800-365-7354



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